

The June 2016 *TMI Journeys* looks at the role consciousness plays in personal happiness.



From the Director's Chair: June 2016 "The Pursuit of Happiness"

Happiness, that often ineffable, much sought after, and deeply cherished state of being can be elusive. Yet we persist in seeking it and revel in the peace and thrill of it.

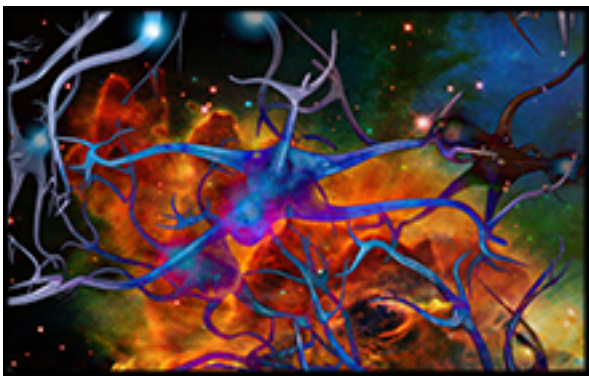
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Science and Happiness

Is happiness more than a matter of circumstance? Science has trained its laser-like gaze on this question with interesting results. Studies are showing that thoughts, attitudes, and behaviors have a significant impact on brain development, life satisfaction, and happiness.

[Read more.](#)





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Journeys: A Voyage to Happiness
June 18-24
Limited time - Special new program pricing!

Sound Medicine Workshop, JULY 28-31
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6 Practical Tips for Cultivating Happiness

All of these help us to feel good, and that is what the pursuit of happiness is all about. When we feel good, the universe responds in kind with good feeling possibilities. And on and on it goes.

[Read more.](#)



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The Monroe Institute | 434-361-1500 | info@monroeinstitute.org | www.monroeinstitute.org

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